


February 2010

Menus Subject to Change Without Notice
Milk served with meal.
723-3303



| <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> |
|---|--|--|---|--|
| <p>1 Beef Stroganoff Noodles Steamed Carrots Whole Wheat Roll Cole Slaw Pudding</p> | <p>2 Ground Hog Day Chicken Broccoli Casserole Harvard Beets Macaroni Salad Bran Muffin Fresh Fruit</p> | <p>3 Paprika Chicken Mashed Potatoes/Sour Cream Gravy Country Blend Vegeta- ble Tossed Salad/ Garbanzo Beans Biscuit Carrot Cake and Ice Cream</p> | <p>4 Homemade Soup Day Turkey Sandwich Beef Barley soup/ Crackers Pickles/Olives Fruit Cup Cookie</p> | <p>5 Beef Tips Mashed Potatoes Capri Vegetable Cucumber Tomato Salad Whole Wheat Roll Fruited Shortcake</p> |
| <p>8 Gillies Roast Beef Mashed Potatoes/ Gravy German Blend Vege- table Whole wheat Roll Stewed Tomatoes Raspberry rice Krispie Dessert</p> | <p>9 Baked Fish Scalloped Potatoes Spinach Carrot Raisin Salad Biscuit/Grape Jam Fruit</p> | <p>10 Celebrate Chinese New Year (14) Chicken Chow Mein Chinese Noodles Chinese Cabbage Salad Bran muffin Fortune Cookie/ Pudding</p> | <p>11 Myer's Day Salisbury Steak Mashed Potatoes Mixed Vegetable Whole Wheat Roll Fruited Jello Salad Peanut Butter Bar</p> | <p>12 Sweetheart Lunch Chicken Cordon Bleu Rice Pilaf Peas and Carrots Cinnamon Bread Tossed Salad/ Garbanzo Beans Brownie</p> |
| <p>15 Center Closed</p>  | <p>16 Mardi Gras Cajun Chicken Pasta Succotash Ambrosia Whole Wheat Roll King's Cupcakes</p> | <p>17 World Cabbage Day Sloppy Joe Potato Wedges or Sweet Potato Fries Steamed Cabbage Tossed Salad/White Beans Fruit</p> | <p>18 Lasagna Italian Blend Vegetable Bread Stick Caesar Salad Lemon Pudding</p> | <p>19 Chicken Tenders Fish Choice Mashed Potatoes/ Gravy Asparagus Broccoli Salad Whole Wheat Roll Cherry Pie</p> |
| <p>22 Chicken Enchilada Spanish Rice Green Beans Chips and Salsa (Center only) Tossed Salad/Black beans Corn Muffin Chocolate Pudding</p> | <p>23 Beef Stew/Bread Bowl at Center Whole Wheat Roll Home delivery Pickled Beets Cottage Cheese/ Pear Salad Banana Muffin Fresh Fruit</p> | <p>24 Parmesan Chicken Baked Potato/Sour Cream Francais Veggie Spinach Salad Whole Wheat Roll Cookie</p> | <p>25 Chicken Fried Steaks Mashed Potatoes/ Country Gravy Mixed Vegetable Coleslaw Biscuit/Jam Raisin Bar</p> | <p>26 Baked Ham Fish Choice Yummy Potatoes Brussels Sprouts Tossed Salad/Kidney Beans Whole Wheat Bread Ginger Pear Cake</p> |
| <p>Brunch and Learn February 2 Hard Boiled Eggs Sausage Hash brown Patties Fruit Milk</p> | <p>NOTICE: Congregate lunch contributions are <i>anonymous and confidential</i>. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p> <p>Fish is offered each Friday during Lent.</p> | | | |